

POSITIVE PSYCHOLOGY

Well-being Workshops 2010



PRESENTER
ANNE BUNT
REGISTERED
PSYCHOLOGIST & COACH



These workshops and seminars explore happiness and wellbeing and how to experience increased levels of happiness, success, satisfaction, joy and fulfillment.

They draw on the latest developments from Positive and Coaching Psychology to enable you to *thrive*.

Be your best possible self and live your best possible life.

Who will benefit from these seminars and workshops?

Individuals who are interested in personal growth and are committed to make choices to improve their thinking and behaviour that will enhance their wellbeing.

MAY 31

7pm - 9pm

\$110

INTRODUCTORY OFFER

Receive a free \$50 voucher to spend towards an individual coaching session at Positive Transitions.

RELAX, REJUVENATE, RE-ENERGISE

Do you need to slow down? Take some time for you?

This is an experiential workshop designed to introduce you to a variety of relaxation and meditation techniques.

The benefits of regular relaxation or meditation include:

- Being able to think more clearly & improve concentration
- Feeling calmer, happier & more energetic
- Enjoying more restful sleep
- Reducing risk of stress related illness

You will learn how to release tension to cushion yourself against stress.

JUNE 21

7pm - 9pm

\$110

INTRODUCTORY OFFER

Receive a free \$50 voucher to spend towards an individual coaching session at Positive Transitions.

MAKING POSITIVE TRANSITIONS

Life is filled with change it is an inevitable part of life.

Are you?

- Considering a return to work
- Approaching retirement
- Coping with or facing redundancy
- Recently separated/divorced
- Changing jobs
- Moved or moving to a new location
- Have children going to school for the first time
- Facing an empty nest

This seminar is designed to assist you to navigate and adjust to changes that occur in your life in a positive way.

You will learn about:

- The change process and how it affects you
- Positive coping strategies
- How to bounce back from unwanted change

JULY 19, 26

AUG 2, 9,

16, 23, 30

SEPT 6

7pm - 8:30pm

\$950

**INTRODUCTORY
OFFER**

**Get a friend to
register at the
same time and
receive 10%
discount off your
program fee.**

NOV

1, 8, 15, 22

7pm - 8.30pm

\$440

**INTRODUCTORY
OFFER**

**Receive a \$75
voucher to
spend towards
an individual
coaching session
at Positive
Transitions.**

LOVE YOUR LIFE

If you are feeling stuck or in a comfortable rut then this maybe the kick start you need.

Do you want to?

- Increase your work/life satisfaction
- Improve your work/life balance
- Reduced your stress
- Enhance your well-being & happiness

This is an eight week small group coaching program suitable for individuals who are interested in personal development and want to fulfil their potential and love their life.

In this practical programme you will learn how to:

- Clarify your life direction
- Set goals in line with who you want to be and how you want to live
- Identify and utilise your signature strengths
- Enhance key relationships
- Think more optimistically and overcome self-limiting beliefs to release your potential
- Enjoy your life NOW

STRESS LESS

Are you feeling frazzled?

Do you want to feel less stressed?

Enhance your well-being by learning to minimize and manage your stress. This four week program has been designed to enable you to develop greater self-awareness of your personal stress risk factors and develop skills to assist you to reduce your risk and feel less stressed.

You will:

- Learn how to use the power of your mind to manage your time & reduce worry
- Be introduced to relaxation and meditation techniques that you can integrate into your daily life
- Learn positive coping strategies
- Develop your own stress reduction/management plan

All of the well-being seminars and workshops will be delivered at SEKT, High St Maitland, on Monday evenings. Places will be limited, so to secure your place in the program of your choice simply:

Call SEKT on 4934 7358 or Email: sekthairandbody@bigpond.com

Registrations are not confirmed until payment is received.

CANCELLATION POLICY AND DISCLAIMER

Refunds will be given for cancellations received more than one week before the scheduled activity. Refunds are not possible closer to the event. Registrations are transferable IN FULL to another person on notification to SEKT.

Warning: These are not therapeutic programs designed to treat mental health problems. These programs do not replace individual counseling or therapy for individuals with mental health issues.

Coaching • Counselling • Seminars • Workshops



Empowering People
to Facilitate Change

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